

**COMPOSITION FOR IMPROVING AGE-RELATED
PHYSIOLOGICAL DEFICITS AND INCREASING LONGEVITY**

Abstract

5 The invention relates to a food composition intended to prevent or restore age-related functional deficits in mammals, which comprises a combination being able to mimic the effects of caloric restriction on gene expression. The combination contains at least one molecule that stimulates energy metabolism of the cell and at least one antioxidant. Also, methods of treating age-related functional deficits in mammals by
10 administering the combination or a food composition containing the same.